



[ sept - dec 2014 ]  
calendar of  
adventures

CLINICS CAMPS TRIPS EVENTS



**CITY OF RALEIGH ADVENTURE PROGRAM**  
**PARKS, RECREATION AND CULTURAL RESOURCES**

**919.996.6855**

**[parks.raleighnc.gov](http://parks.raleighnc.gov)**

**keyword: "adventure program"**

## [ BIKING ]

### Guide N Rides

Guide 'n' Ride is our newest program that focuses on getting you out there and having more of a guided-tour experience, rather than an instructional-based one that focuses on building skills. We want you to try this out, to explore, and to find a new place you love to ride.

**Dates:**

Greenway Ride

October 11 (11:30am—3:30 pm)

American Tobacco Trail Ride

October 18 (10am—4 pm)

**Location:** Meet at the Anne Gordon Center for Active Adults  
(1901 Spring Forest Rd, Raleigh, NC 27615)

**Ages:** 18 years and up

**Fees:** \$15.00 for Residents





## Bike Maintenance

**Course Dates:** October 4

**Location:** Jaycee Community Center– 2405 Wade Avenue 27607

**Age:** 12 years and up

**Fee:** \$15 resident/ \$20 non-resident

**Time:** Saturday, 9:30am—12:30pm

Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you. Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers; it doesn't matter. We will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty.



## [ PADDLING ]

### Falls Lake Canoe Trip

Senior Outdoor Adventure and Recreation (SOAR), this trip is for you! We will be heading out to a great local resource, Falls Lake, to paddle and enjoy the outdoors. The Adventure Program will provide you with all equipment, transportation and brief instruction. We will include a choice between 3 box lunch options from a local restaurant. Be sure to contact us and let us know which option you would like. Our goal is to get out, be active, and enjoy the lake this fall. Join us!

**Location:** Anne Gordon Center for Active Adults  
(1901 Spring Forest Rd, Raleigh, NC 27615)

**Date:** Saturday September 13, 2014

**Time:** 9am – 1pm

**Fee:** \$40 for Residents – 55 for Non-Residents

**Age:** This program is for participants 18 and up.





## Introduction to Kayaking

Kayak Basics is an introductory-level course for those wishing to learn more about the sport of kayaking. This 4-hour course provides a comfortable and pleasant environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills so you will be ready to move onto moving-water instruction on local rivers. Kayak experience is not required but participants should have basic swimming ability and comfort under water. Equipment and instruction are provided. Pre-registration is required. This program is adult oriented with minimum age of 12.

### Outdoor Program

**Location:** Lake Johnson (4601 Avent Ferry Rd, 27606)

**Date:** Saturday, September 20

**Time:** 12pm-4pm

**Fee:** \$55 for Residents

### Indoor Program

**Location:** Optimist Pool (5902 Whittier Dr, 27609)

**Date:** Saturday, December 6

**Time:** 1pm-5pm

**Fee:** \$55 for Residents



## [ PADDLING ]

### Canoe and Kayak Pool Sessions

#### Pool Sessions

Don't let your paddling skills get rusty during the winter months; come join us at the Kayak Pool Sessions. Pool sessions are open practice times for all levels of paddler, whether you're working on playboating, perfecting your roll, or just wanting to try out the sport. Formal instruction is NOT provided, but a brief, basic boat orientation is available for beginners. So take advantage of the warm water at the pool and come practice your paddling! Kayak rental is not included in the pool session price. Kayaks can be rented (while supplies last) for an additional \$4 fee. Pool sessions are adult oriented, although youth paddlers ages 12-15 years old are welcome when accompanied by adults. Participants younger than 12 years may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure Program Manager.

**Location:** Optimist Pool (5902 Whittier Drive, 27609)

**November Dates:** November 7, 12, 21

**December Dates:** December 5, 12, 19

**Times:** Fridays, 5pm—8pm

**Fee:** \$4 Residents; \$8 Non-Residents / \$4 Equipment





## Private Roll Instruction

### Private Roll Instruction

Roll or Swim? If you are tired of option 2, try our Roll Instruction. For the boater wanting to take that next step in the kayaking progression we are proud to offer personalized roll instruction. Call to set up a time to work with professionally certified instructors on roll development. While everyone becomes proficient with these skills at different times, on average, it takes about three separate, hour-long, lessons to develop a fledgling pool roll. Roll instruction is designed to provide one step in the learning process. Students must have some kayaking experience, basic swimming ability and comfort under water. Participants ages 12-15 must be accompanied by an adult. Roll Sessions are designed for 1- on-1 or 2-on-1 instruction. Pre-registration is required.

**Location:** Optimist Pool (5902 Whittier Drive, 27609)

**November Dates:** November 7, 12, 21

**December Dates:** December 5, 12, 19

**Times:** Fridays, 5pm—8pm

All 1 hour sessions are scheduled between 5pm-8pm

**Fee:** \$40 Residents; \$55 Non-Residents



## [ ROCK CLIMBING ]

### Introduction to Rock Climbing

Join the Adventure Staff for a challenging half day of indoor rock climbing at one of the Triangle's modern rock gyms. Our instructors will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, a requirement to utilize indoor climbing facilities. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided.

**Location:** Meet at Frank E. Evans Building (2401 Wade Ave 27607).  
**Dates:** Saturday September 20; November 15  
**Time:** 9:30am - 1pm.  
**Fee:** \$30 for Residents; \$45 for Non-Residents  
**AGE:** 12 years and up





## [ ROCK CLIMBING ]



### **Climb Up, Rappel Down**

**Date:** Saturday October 4

**Location:** Frank E. Evans BLD, 2401 Wade Avenue, 27607

**Age:** 14 years and up

**Fee:** \$75 Resident, \$90 Non-Resident

**Time:** 7am—6pm

The old adage 'what goes up, must come down' is definitely true when it comes to the sport of rock climbing. Rappelling is a skill that all climbers should know. Join our experienced instructors who will teach you both climbing and rappelling skills at our local crag 'Pilot Mountain'. Learn to rappel and take one more step to being an independent climber. Equipment, instruction and transportation are provided.

## [ WILDERNESS SKILLS ]

### Wilderness First Aid

**Course Dates:** October 11 & 12

**Location:** Magnolia Cottage, Lake Johnson Park  
(1500 Lake Dam Road, 27606)

**Age:** 14 years and up

**Fee:** \$100 Resident, \$115 Non-Resident

**Time:** 8am—6pm; Saturday & Sunday

You and a small group of friends are on a 3 mile hike to see a waterfall when John slips, falls, and twists his ankle. John can't stand on his own and has several cuts from his fall...now what? Find out what to do in our intensive backcountry medical training course. This 16-hour, hands-on Wilderness First Aid course will cover ways to deal with many medical emergencies when dialing 911 might not be an option. Not only is this course informative, but the scenarios enacted are exciting and fun too! Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. Join the Adventure Program and the American Red Cross for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders.





## [ WILDERNESS SKILLS ]

### Wilderness Survival

Would you know what to do if you were stranded in the woods? An Adventure instructor will teach you the skills to either stay warm and safe in Shelter and Fire or how to communicate a need and wound care in Signaling and First Aid. This is a hands-on, fun program that takes place entirely outdoors. Please dress for the weather and wear comfortable walking shoes.

**Signaling and First Aid**—Saturday, November 1

**Fire and Shelter**—Saturday, December 6

**Location:** Lakeside Campsite, Durant Nature Park Raleigh, NC (8305 Camp Durant Rd; North Entrance)

**Time:** 1:00pm – 4:00pm

**Fee:** \$8.00 City of Raleigh residents. Non-city residents add \$2.00 fee.

**AGE:** Recommended for ages 8-12 year olds.



## [ SKATEBOARDING ]

### Skateboarding: Street Skills

So you got a skateboard recently, but you are not quite ready to ride in the park or in the bowl just yet. No problem. Or maybe you have a board but are still working on specific tricks. Look no further, this is your course. This course is taught on flat ground, teaching a variety of skills that are appropriate for those who have never ridden before, are still working on ollieing, or string together tricks using rails or launch ramps. We will work with you at your level to build and strengthen your street skating skills. You are encouraged to bring your board and pads but if you don't have any we can outfit people on a first come first serve basis.

**Location:** Meet at Marsh Creek Skate Park (3016 N. New Hope Rd)  
Participants are required to pre-register.  
**Dates:** Saturday, September 27; October 25  
**Time:** 9:30am - 11:30 PM.  
**Fee:** \$15 for residents and \$20 for non-residents  
**Ability:** Beginner to Intermediate (Level 1-2)  
**Age:** 8-14 years



## Zombie Survival

Are you ready for Halloween? What about Zombies? When the Zombies come we want you to be ready. We'll teach you how to survive. We will teach you everything you need to know like, Zombie avoidance tactics, Zombie defense tactics, finding and fortifying shelter, strength in numbers, caring for the wounded and much more. Join us in October on a teacher workday for a fun look at what it means to be prepared for the worst case scenario...Zombies. This program is hands-on and will take place mostly outdoors. Please dress for the weather and wear comfortable walking shoes.

- Location:** Magnolia Cottage Lake Johnson Nature Park Raleigh, NC  
(1529 Lake Dam Road, Raleigh)
- Date:** Wednesday, October 29, 2014 (WCPSS Teacher Workday)
- Time:** 7:30am – 6:00pm
- Fee:** \$35.00 City of Raleigh residents. Non-city residents add \$17.00 fee.
- Age:** Recommended for ages 12-14 year olds.





## [ CUSTOM PROGRAMS]

### Custom Programs

Let the Adventure Program design your next excursion! The Adventure Program customizes programs, clinics and trips in a variety of adventure disciplines, including Paddling, Rock Climbing, Cycling, Wilderness First Aid and more. All customized programs are subject to facility and staffing availability . Call the Adventure Office to book your next adventure.



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### Team-Building Programs

The Adventure Program can provide custom team building for your group. With years of experience in group processing and team building, we will work with you to tailor activities and initiatives to provide the ideal amount of challenge. Our equipment is portable so that we can program in any City facility or program at your group's site. Standard program lengths are half-day, full day, or multi-day. Minimum group size of 8 or more required.



## Fall Adventure Programs

Canoe Trip at Falls Lake	September 13
Kayak Basics	September 20
Intro to Rock Climbing	September 20
Skateboarding	September 27
Climb Up Rappel Down	October 4
Bike Maintenance	October 4
Wilderness First Aid	October 11
GNR - Greenway	October 11
GNR - ATT	October 18
Skateboarding	October 25
Zombie Survival	October 29
Wilderness Survival	November 1
Intro to Rock Climbing	November 15
Wilderness Survival	December 6
Kayak Basics	December 6

## FOR MORE INFORMATION

- + Call 919-996-6855
- + Online at [parks.raleighnc.gov](http://parks.raleighnc.gov) keyword: adventure program
- + Email [adventure.program@raleighnc.gov](mailto:adventure.program@raleighnc.gov)

## TO REGISTER

Registration can be processed online via RecLink, by mail, phone, fax, or at any staffed City of Raleigh Community Center. For additional information please call the Adventure office at 919-996-6855.  
Fax 919-831-6470 Attn: Adventure.

## OUR PURPOSE

- + Provide enjoyable adventure through experiential learning.
- + Create an atmosphere where group experiences help to create a sense of team.
- + Provide instructional foundations in a wide range of adventure activities.
- + Focus on safety issues and manage risks in the most proactive manner.
- + Provide an opportunity for environmental appreciation and stewardship.

